

**Monitoring System Performance. Crew Rest**

GMT	Crew	Activity / <i>ODF or R/G</i>
06:00–06:10		Morning inspection
06:10–06:40		Personal hygiene (post-sleep)
06:40–07:30		BREAKFAST
08:00–08:40	CDR	Maintenance of ? ? ? <b>per MCC GO</b>
08:15–08:40	FE-1	LAB payload status monitoring
12:30–13:30		LUNCH
15:15–15:25	CDR	Downlink of ? ? ? and ? ? counter data
15:35–15:50	FE-2	Private family conference
16:46–17:01	CDR	Private family conference
18:45–19:15		Review plan for the next day
19:15–19:30		Daily planning conference (evening)
19:30–20:00		DINNER
20:00–21:00		Personal hygiene (pre-sleep)
21:00–21:30		Daily food ration prep
21:30–06:00		SLEEP

End of radiogram